

# MarriageTeam

## Sharing Private Feelings about Sex

Some couples, even in good marriages, are a little uncomfortable talking about their sex life. Here are some questions that you might look at which would perhaps get you into a helpful, sharing experience with your teammate

Reflect separately on the questions, noting any special feelings that result, and then go through the questions together sharing reactions. Use "I" Statements to own your feelings as appropriate. For the listener, insure you understand by active listening and asking, "Is there more?" [See **Listening Play** worksheet]

1. What do I need most of all from my sexual relationship with my teammate?
2. How can I be more open and honest about what I like and want sexually?
3. How do I feel when I have to turn down a sexual request from my teammate?
4. How would I ideally prefer my teammate to initiate lovemaking with me?
5. How do I want to be told when my teammate has suggestions or disappointments about our sexual relationship?
6. How can my teammate tell me if there is something that I am doing that is a sexual turn-off?
7. What are my feelings when I want to make love, then find that my teammate doesn't?
8. What are some specific things I wish we would do more often during our love play?
9. How do I feel about the way we relate to each other after having intercourse?

Modified by MarriageTeam from an exercise in "*Marriage Enrichment at Home*," Marriage Enrichment newsletter, October, 1982, by Sarah Catron.